

Seriously Awesome Sitters

Here's the ultimate babysitter preparation class! Not only will you become certified in Basic First Aid and Adult, Child and Infant CPR, but you'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be recognized as an awesome sitter who will be asked back again and again! **An additional \$40 material fee is payable to the instructor in class for training manuals, certification cards, mannequins, supplies, etc.** Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or Teddy Bear to class.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident
\$33-Non-Resident
(one-time workshop)

Material Fee: An additional \$40 material fee is due to instructor the day of class

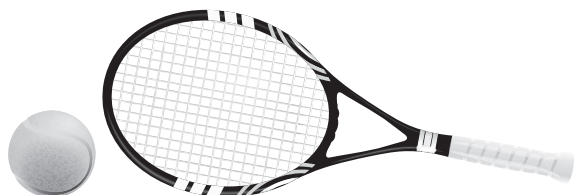
Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4255 10-Adult Jul 19 Sat 10:00 am-5:00 pm

Adult



Tennis For Everyone ~ Adult

You will do it all, from drills to match play, in a fast-paced, fun-filled environment. The beginning class will work on the basics, such as: technique, footwork and rules of the game. The intermediate class will focus on: stroke production, tennis drills and match play. Please bring an unopened can of tennis balls to the first class meeting. A \$10 T-shirt fee (optional) is payable to the instructor on the first day of class.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident
\$100 per participant-Non-Resident
(8-week session)

Location: El Toro Park Tennis Courts
(23701 Los Alisos Blvd)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4497 16 yrs and up Jul 12-Aug 30 Beg Sat 9:00-10:00 am

Act#: 4498 16 yrs and up Jul 12-Aug 30 Int Sat 10:00-11:00 am

Get Golf Ready



Come learn how to take your golf game to the next level from the instructors at the Lake Forest Golf and Practice Center. Whether you're a beginner or just looking to shave a few strokes off of your game, this course will help get you there! Enrollment includes: fundamentals on the full swing, chipping, pitching, sand play, putting and on course instruction. Take advantage of this incredible offer!

Instructor: Lake Forest Golf and Practice Center staff

Fee: \$129 – Resident
\$134 – Non-Resident
(4-week session)

Location: Lake Forest Golf and Practice Center
(23308 Cherry Ave)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4283	18 yrs and up	Jun 5-26	Thu	5:00-6:00 pm
Act#: 4284	18 yrs and up	Jun 8-29	Sun	10:00-11:00 am
Act#: 4285	18 yrs and up	Jun 13-Jul 11*	Fri	6:00-7:00 pm
Act#: 4286	18 yrs and up	Jun 14-Jul 5	Sat	12:00-1:00 pm
Act#: 4287	18 yrs and up	Jun 19-Jul 10	Thu	6:00-7:00 pm
Act#: 4288	18 yrs and up	Jun 22-Jul 13	Sun	2:00-3:00 pm
Act#: 4289	18 yrs and up	Jul 3-24	Thu	5:00-6:00 pm
Act#: 4290	18 yrs and up	Jul 6-27	Sun	11:00 am-12:00 pm
Act#: 4291	18 yrs and up	Jul 9-30	Wed	6:00-7:00 pm
Act#: 4292	18 yrs and up	Jul 12-Aug 2	Sat	1:00-2:00 pm
Act#: 4293	18 yrs and up	Jul 17-Aug 7	Thu	6:00-7:00 pm
Act#: 4294	18 yrs and up	Jul 27-Aug 17	Sun	1:00-2:00 pm
Act#: 4295	18 yrs and up	Aug 5-26	Tue	6:00-7:00 pm
Act#: 4296	18 yrs and up	Aug 10-31	Sun	12:00-1:00 pm
Act#: 4297	18 yrs and up	Aug 13-Sep 3	Wed	7:00-8:00 pm
Act#: 4298	18 yrs and up	Aug 16-Sep 6	Sat	12:00-1:00 pm
Act#: 4299	18 yrs and up	Aug 21-Sep 11	Thu	7:00-8:00 pm
Act#: 4300	18 yrs and up	Aug 24-Sep 14	Sun	11:00 am-12:00 pm

***No class 7/4**

Candlelight Yoga Flow

In this course, participants will be taken through a Vinyasa/Hatha flow within a room full of candles. Students will experience the relaxing and meditative side as well as the strengthening and sometimes challenging side of yoga by candlelight. Bring a mat and stay warm and relaxed during these spring courses. All skill levels welcome!

Instructor: Devann Sheuerman

Fee: \$72 – Resident
\$77 – Non-Resident
(6-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4427	18 & up	Jun 2-Jul 7	Mon	7:30-8:30 pm
Act#: 4428	18 & up	Jun 4-Jul 9	Wed	7:00-8:00 pm
Act#: 4489	18 & up	Jul 14-Aug 18	Mon	7:30-8:30 pm
Act#: 4490	18 & up	Jul 16-Aug 20	Wed	7:00-8:00 pm

Cardio Yoga Booty Ballet & Sculpt

From the Hollywood studio, Swerve, burn calories and sweat while enjoying cardio dance and toning exercises used by dancers. This dance workout is a fun, motivating way to get a great workout burning calories and fat through the hybrid of cardio and muscle fatigue. Participants learn basic cardio dance movements that are easy to follow, tone entire body with ballet & pilates movements and then strengthen and lengthen with a hybrid of hatha yoga. Class is perfect for those that crave the balance of cardio but want to tone, burn and then conclude with relaxing yoga. Class is perfect for those that crave the balance of cardio but want to tone, burn and then conclude with relaxing yoga. Participants need to bring yoga mat, water and 2 lb. weights. For more information on Orange County Dance Productions and Yoga Booty Ballet please visit OCDanceProductions.com.

Instructor: OC Dance Productions Staff

Fee: \$119 – Resident
\$124 – Non-Resident
(10-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4263 18 & up Jun 2-Aug 4 Mon 6:30-7:30 pm

Zumba Gold

Zumba Gold is a low impact fitness program that utilizes combinations of exciting and motivating Latin and International rhythms to tone and strengthen the body. The program is designed for active older adults, the true beginner or anyone interested in a low impact program that is effective and easy to follow. **These classes are ongoing and class packages are provided with registration.**

Instructor: Angie Velez

Fee: **Act#: 4429** One-Time \$8.00 – Resident
\$13.00 – Non-Resident

Act#: 4430 5-class package \$40.00 – Resident
\$45.00 – Non-Resident

Act#: 4431 10-class package \$72.00 – Resident
\$77.00 – Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Mail-In or Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

18 & up Ongoing Sat 10:00-11:00 am

Zumba Gold Sentao



Sentao is a chair based choreography designed to strengthen, balance, stabilize the core and provide a great cardio work out in a whole new way. Don't let the "chair" fool you, this is not considered a chair exercise class. The chair is used as a tool in the work out to give support and enhance the movements. Utilizing the same international rhythms we do standing up in ZUMBA GOLD, we shake and shimmy and work the chair in a way that will keep participants on the edge of their seat!

Instructor: Angie Velez

Fee: **Act#: 4432** One-Time \$8.00 – Resident
\$13.00 – Non-Resident

Act#: 4433 5-class package \$40.00 – Resident
\$45.00 – Non-Resident

Act#: 4434 10-class package \$72.00 – Resident
\$77.00 – Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Mail-In or Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

18 & up Ongoing Tue 8:00-9:00 am

Dog Agility Training

These classes are an introduction and continuation to one of the fastest growing sports around – dog agility. Our Intelligent Agility classes focus on learning the basic obstacles in an agility course, strengthening the bond between you and your dog, getting a little extra oxygen into the bloodstream and having a really good time with your pooch. These courses will not be strenuous, but you may have to make a few funny faces to get your dog's attention. At the end of the course you will be surprised at how much both you and your dog have learned. Dogs must have proof of vaccination and have completed a previous obedience class. Dogs also must be at least 8 months of age to participate.

Instructor: Erin Riley

Fee: \$125 – Resident
\$130 – Non-Resident
(5-week session)

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4321 Adult Aug 2-30 Beginning Sat 12:30-1:30 pm

Act#: 4322 Adult Aug 2-30 Intermediate Sat 11:15 am-12:15 pm

Act#: 4323 Adult Aug 2-30 Advanced Sat 10:00-11:00 am

Summer

REGISTRATION DATES:

Tuesday, May 13 (Lake Forest Residents)

Tuesday, May 20 (Non-Residents)

Dog Lure Coursing

Lure Coursing is a fast-paced, fun chase sport. Dogs run after a "bunny" lure (usually a white plastic bag) that is attached to a line that is controlled by a machine and a lure operator. The machine runs the line at the speed determined by the lure operator (and the dogs) and the dogs chase the lure. This is the only place in Orange County where your dog can participate in this sport!

Instructor: Erin Riley

Fee: \$125 –Resident
\$130- Non-Resident
(5-week session)

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4328 Adult Aug 2-30 Sat 3:30-4:30 pm



Dog Obedience Class

For dogs at least 4 months old, this class focuses on basic obedience and solving behavior problems such as biting, jumping, barking, chewing, and digging. The primary goal is to turn the unruly pet into an enjoyable, well-mannered companion and a member of the family. Do not bring dog to first class. Owner must provide proof of vaccinations, choke chain, and leash. (Participants who show proof of adopting an animal from the Orange County Animal Shelter within six months of the adoption date, will receive a 25% discount on the registration fee. Only valid for Mail-in and Walk-In registration with copy of adoption papers. (Online registration is not available for discount program.)

Instructor: Mari Quillman

Fee: \$65 – Resident
\$70 – Non-Resident
(8-week session)

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4492 Families Jun 4-Jul 23 Wed 6:30-7:30 pm

Help, I'm Overwhelmed with Photos!



Are your photos stuck in your phone, hard drive or multiple social media pages? Are your photos in boxes and drawers all over your home? In this class you will learn how to organize your photos, make beautiful digital scrapbooks and pages, as well as how to make fast traditional albums. You will have access to a FREE photo organization app as well as other organizational and digital tools. Please bring 10-12 photos with you to create a Simply Said Scrapbook in class.

Instructor: Kim Martin

Fee: \$25 – Resident
\$30 – Non-Resident
(1-day workshop)

Material Fee: An additional \$15 material fee is due to instructor

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4307 Adult Jul 17 Thu 7:00-9:30 pm

Simply Digital: Digital Scrapbooking



Are your photos stuck in your phone, hard drive or multiple social media pages? Are your photos in boxes and drawers all over your home? In this class you will learn step-by-step instruction on how to create beautiful digital scrapbooks, 12x12 page prints, invitations, cards, party favors and more!

Instructor: Kim Martin

Fee: \$25 – Resident
\$30 – Non-Resident
(1-day workshop)

Material Fee: An additional \$40 material fee is due to instructor

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4305 Adult Jun 19 Thu 7:00-9:30 pm
Act#: 4306 Adult Aug 21 Thu 7:00-9:30 pm

Did you know you can register for classes and programs 24/7?



Our online registration is ready when you are! Whether you are an early bird or a night owl, you can sign up for your favorite classes when it's most convenient for you. Visit

online.activecommunities.com/lfreonline and you'll be on your way!

Kung Fu: Self-Defense

Over the course of 16 classes, we will focus on self-defense, fitness and self-knowledge. Kung fu is a self-defense system. It also strengthens tendons, stretches muscles and invigorates joints and tissues. Kung fu challenges your body and mind, cultivates self-discipline and increases strength and flexibility. Lau Kune Do utilizes the centerline theory and maximizes efficiency, directness, economy of motion and speed. Please wear comfortable, loose fitting clothing. Shoes are optional. In order to insure quality instruction and comfort, there is a **15-student limit** for this class.

Instructor: Master Richard Tsim, Sihing Paul Bennett

Fee: \$120 – Resident
\$125 – Non-Resident
(8-week session)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St., #207)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4435 18 & up Jun 9-Jul 30 Mon & Wed 7:00-8:00 pm
Act#: 4436 18 & up Jun 10-Jul 31 Tue & Thu 6:00-7:00 pm

Tai Chi/Qi Gong: Relaxation, Balance and Stress Reduction

Over the course of 16 structured classes, you will learn to cultivate your own internal energy and reduce stress the natural way with the flowing, gentle art of tai chi. This meditative art focuses on relaxation, stress reduction and returning the body to its natural state of balance. You can expect your energy levels to skyrocket while your circulatory, nervous and respiratory systems strengthen and harmonize. Tai chi increases flexibility through simple stretching and helps galvanize the joints, tendons and bones from degenerating diseases, accidents or over-use. Please wear comfortable, loose fitting clothing. In order to ensure quality instruction and comfort, there is a 15-student limit for this class.

Instructor: Master Richard Tsim

Fee: \$120 – Resident
\$125 – Non-Resident
(8-week session)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St., #207)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4437 18 & up Jun 9-Jul 30 Mon & Wed 6:00-7:00 pm
Act#: 4438 18 & up Jun 10-Jul 31 Tue & Thu 7:00-8:00 pm

Done with this brochure?

Don't throw it away!
Pass it on to your friends
and family so they can
sign up for our great
Summer programs too!



SPECIAL NEEDS

us too gymnastics, inc.
For Kids who need a little extra help

The City of Lake Forest in conjunction with Us Too Gymnastics is excited to be able to offer recreation programs for children with special needs.

Us Too Gymnastics for Kids with Special Needs

Our Gymnastics class is specifically designed for children and teens with special needs (Autism, Down Syndrome, etc.) your child will learn basic gymnastics, while working on social behaviors and talking turns, but most of all they will have fun. The ratio for our class is 3-5 students with 2 instructors. Call to set up a free trial and get your child signed up. Make sure to mention the city to get our special price for Lake Forest residents. This class also includes **free open play** for anyone signed up in our gymnastics program. Open play is every Thursday from 1-2 pm. Enrollment allows for four 45-minute classes. Please call to set up individual dates and times.

Instructors: Us Too Center Staff

Fee: \$75 per month- Resident
\$80 per month- Non-Resident

Location: Us Too Gymnastics (25 Spectrum Pointe Dr #405)

To Register: Mail In, Walk-In. On-line registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Act#: 4439 3-19 yrs On-going Mon-Sat varies

Social Group for Children on the Autism Spectrum

The L.A.F.F. social groups were developed by Rosa Patterson MS, BCBA to assist children on the autism spectrum: Learn About Friends and Feelings. The groups are based on the principles of Applied Behavior Analysis and focus on social-emotional & behavioral growth. Areas addressed are play, social language, social reciprocity, perspective taking, problem solving, social relatedness, emotions, flexibility, building friendships, and much more!

Instructors: Rosa Patterson MS, BCBA and Intervention Staff

Fee: \$75 – Resident
\$80 – Non-Resident
(one-class workshop)

Location: 23701 Birtcher Dr

To Register: Mail-In, Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Act#: 4491 3-11 yrs Jun 13-Aug 22 Fri 9:00 am-12:00 pm